

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) A method for preparing a red ginseng, comprising the step of steaming *Panax spp.* under an oxygen enriched atmosphere containing 50% or more of oxygen for a time sufficient to prepare the red ginseng; and thereafter recovering the red ginseng.

2. (Cancelled)

3. (Previously Presented) The method according to Claim 1, wherein *Panax spp.* is a dried or undried root of *Panax ginseng*, *Panax quinquefolia*, *Panax notoginseng* or *Panax japonica*.

4. (Currently Amended) ~~A-steamed~~ The method wherein *Panax spp.* ~~prepared~~ is steamed at 100°C by the method according to Claim 1.

5. (Previously Presented) The method according to claim 1, wherein *Panax spp.* is heated in an autoclave under at least 1 atm. of oxygen for at least about 3 hours.

6. (Cancelled)

7. (Cancelled)